Original Article

"A Comparative Study to Assess The Nutritioal Status of Preschool Children Among Rural and Urban Areas of Uttarakhand"

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ABSTRACT

Introduction: Children malnutrition is a wide spread health problem having international consequences because good nutrition is an essential determinant for their well being. This is a comparative study to assess the nutritional status of preschool children among rural and urban areas of Uttarakhand.

Material And Method: - Non-experimental design, simple randomized technique was used. Total 60 preschool children i.e 30 in rural area from jeolikote and 30 in urban area from Motahaldu (haldwani). Data collected by comparative inferential statics.

Results : Statistically collected data was analysed by using comparative and inferential statistic in the preschool children with mean value for height of rural children in (3-5 years)is 98.63 and mean percentage is 164.385% and mean for urban children is 77.76 , mean percentage is 129.6%. and the mean for the weight for rural preschool children is 15.2, mean percentage is 25.3% ,for urban mean of weight is 13.79 and mean percentage is 22.9% and the mean for BMI for rural children is 16.241 and mean percentage is 2.706% and urban mean for BMI is 15.389 and mean percentage 25.6%.

The analysis revealed that there is non significant association between age (rural/ urban) sex (rural/ urban) residential status (rural and urban) religion(rural and urban) mother education (rural and urban) mother occupation (rural and urban) economical status (rural and urban) family type (rural and urban)food habit (rural and urban) frequency of consumption of food (rural and urban).

Conclusion: assessment of nutritional status among preschool children in rural and urban area is effective in comparing the nutritional status of preschool children in rural and urban area .This helps in improving the nutritional status of preschool children in rural and urban areas.

Keywords: comparative study, nutritional status ,preschool children, rural and urban BMI.

INTRODUCTION

Children are considered as a gift of god and the most vulnerable resources so let's hope for their bright future".

Early childhood constitutes the most crucial period of life when foundation are laid for cognitive, social, emotional, physical, motor development and cumulative lifelong learning. The development of children is the first priority on the country's development agenda, not because they are most vulnerable, but because they are our supreme and assets and also future human of the county. In these words, our tenth five plan (2002-2007) underlines the fact that the of India our lies in the future of Indian children.[1]

Children the future of any nation. In India about three fourth of the infant population lives in village. It is imperative to preserve their health and to promote their well being through exercising utmost care in make them healthy and to protect them deadly disease. Care of children had always traditionally been forte of mothers irrespective of education, income and special class differences. Malnutrition is increasing recognized as a prevalent and important health problem in many developing countries. This has serious long term consequences for the child and adversely influences their development. Malnutrition makes the child more susceptible to infection and recovery is slower and mortality is higher.[2]

Over the past two decades, there has been a substantial and progressive decline in infant and child mortality rates in India. There has been a significant reduction in prevalence of nutritional deficiency disorders. It therefore, important that increasingly attention is now-paid to the nutritional status of survivors contrary to it. The alarming reports of some international agencies which have placed India at the bottom ring of an arbitrary world development scale, have raised apprehensions that nutritional status of children in India show no sign of improvement. The professionals who work with the children must have the knowledge of feeding practices and nutritional status of children.

PROBLEM STATEMENT

'A comparative study to assess the nutritional status of preschool children among rural and urban areas of Uttarakhand'.

OBJECTIVES OF STUDY

1. To assess the nutritional status of rural and urban preschool children.
2. To compare the nutritional status of rural and urban preschool children.
3. To compare the nutritional status of rural and urban preschool children with their demographic variable.

MATERIAL AND METHODS RESEARCH DESIGN

The research design incorporates the most important methodology decisions that a researcher make in conducting a research study. The research design guides the researchers in planning and implementing the study in a way that is most likely to achieve the our research design is non-experimental design to assess the nutritional status of preschool children among rural and urban areas.

RESEARCH SETTING

It is the physical location and condition in which data collection takes place in a study. The setting of the study is in rural and urban areas of Jeolikote and Haldwani inUttrakhand. The criteria for selecting study setting are the availability of subject and feasibility of conducting study.

ACCESSIBILE POPULATION

The accessibile population of present study include preschool children in rural and urban areas of Utrrakhand.

SAMPLE SIZE

The sample of present study comprise of 30 preschool children from rural area and 30 preschool children from urban area.

SAMPLING TECHNIQUES

Simple random techniques is the type of probable sampling was found appropriate for the study.

3.6 SAMPLING CRITERIA

• INCLUSION CRITERIA

1. Preschool children's of rural and urban area of Uttarakhand.
2. Children who are willing to participate.

• EXCLUSIVE CRITERIA

1. Children who are not available at the time of study period.
2. Children who physically handicapped.

DEVELOPMENTAL TOOLS

Tools are the major aspects for assessing the knowledge level of sample. It consists of two parts :-

1. Consists of socio demographic variable.
2. Comprise of tool regarding BMI.

Data collection procedure

Formal administrative approval was obtained from the primary health center jeolikote naintal and primary health center mota haldu haldwani.

On first two days we collected data from rural area of jeolikote and for next two days we collected data from urban area of haldwani by using BMI as our tool along with demographic variables. this included monitoring of nutritional status among preschool children in rural and urban area.

RESULT: Overall comparison of mean and standard deviation value of nutritional status of preschool children in rural and urban area.

S.No.	Categories	MEAN		SD	
		RURAL	URBAN	RURAL	URBAN
(1)	Height	98.63	77.76	53.18	34.40
(2)	Weight	15.2	13.74	3.09	3.5
(3)	BMI	16.241	15.389	4.198	2.64

The comparative study reveals the difference between the mean, and SD of nutritional status of preschool children of rural and urban area. In that mean, and SD value of urban was (height) 77.76, 34.40 respectively for (weight) mean and SD value is 13.746, 3.5 respectively and for BMI mean and SD value is 15.389, 2.64 respectively. In rural area the mean and SD value for (height) is 98.63, 53.18 respectively for (weight) 15.2, 3.09 and for BMI mean and SD is 16.241, 4.198 respectively and for BMI mean and SD value.

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